

# Year 2 - Food Technology

## Portable Snack Wraps

Key Vocabulary	Definition
Diet	The types of food that a person eats regularly
Balanced diet	A diet with a variety of different types of food which gives good amounts of the nutrients needed to be healthy
Expensive	Costing a lot of money
Ingredients	The food or substances that are combined to make a dish.
Nutrients	A substance that provides a chemical the body needs to function and grow
Substitute	A person or thing acting in place of another e.g. using sweetener in the place of sugar



Grate



Spread



Peel



Fork secure



Bridge hold

# MAKE

1. Design your wrap!

# BREAK

2. Did it look good? Did it taste nice?

# REPEAT

3. Improve your wrap and make it again!

### Wrap Ingredients



Olives

Red  
onion

Cheese

Yellow  
pepper



Sweetcorn

Cherry  
tomatoes

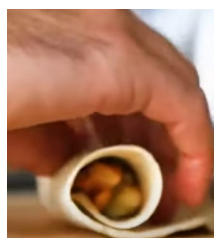
Green  
pepper

Mushrooms

### Wrapping a Tortilla



1. Fold over filling



2. Roll tightly



3. Tuck in the ends

# Year 1 Knowledge Organiser - Healthy Eating Pizza

## Important Information

Pizza originated in Italy. Typically, it is a round, flat base of dough cooked with a topping of tomatoes and cheese. You can customise your pizza by adding different toppings.

Good hygiene is important to make sure germs do not spread. Remember to tie back long hair, wash your hands and wear an apron.

Pizza is often served as a healthy starter or main meal.



**Turn off stove and oven when done cooking.**

**Do not play around the stove.**

**Make sure all handles on pots and pans are turned toward the back of the stove.**

### Kitchen Safety Chart

**Use clean hands.**

**No licking utensils or fingers.**

**No sharp knives for small children. Keep them out of reach and out of sight.**

**Always use supervision**

**Put items away after using them**

**Clean counter tops and dishes well after cooking.**

**Always clean items that were in contact with raw meats and eggs immediately after using.**

**Keep appliances away from Water.**

[www.kids-cooking-activities.com](http://www.kids-cooking-activities.com)

## Key Vocabulary

vegetables	A plant or part of a plant, used as food.
knife	A tool used for cutting, chopping or slicing.
dough	A combination of ingredients that creates a stretchy texture for your base.
raw	Food which has not been cooked
base	The base of the pizza is the dough.
boil	When something gets very hot and it bubbles.
flavour	The taste of something.
grate	Shred food into small parts.
slice	Cut into thin pieces.
chop	Cut into larger pieces.
healthy	Good for the body.